

The word **meditation** is used to describe both the spiritual practice, and the state of being one within yourself.

Meditation Class

Tuesdays
February 7 – 28
6:30-7:45pm
Cost: \$30

Sign up at the
Recreation Center front
office or online at
register.franklinparks.org.

During a meditation experience, you transcend the endless chatter of the mind and enter into a deep rest that leads to higher spiritual states of awareness. This shift in consciousness creates mental clarity, spiritual revelations, inner and physical healing, peace, joy, and an overall feeling of renewal, wellbeing and balance.

A regular meditation practice has been found to produce countless mental, emotional, physical, and spiritual benefits including a decrease in stress, physical ailments, and a greater sense of joy and satisfaction in life as you align with the source of your being.



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Franklin Parks & Recreation
396 Branigin Blvd., Franklin, Indiana 46131
(317) 736-3689 • play@franklin.in.gov • www.franklinparks.org